12B. When did you realize you needed to start making diet/exercise changes in order to make the Army's body fat standard? 12A. Do you currently exceed the Army's body fat standard? YES NO DON'T KNOW

At the record APFT (____enter mo/yr)
At the diagnostic PT test (___enter mo/yr)
1 - 3 months before the PT test
I always struggle with making tape

13. Why do you think you gained body fat?

14A. What is the most you have ever weighed___(|| 14B. When was that?_____(approx mo/year) 14C. Did you have to lose weight to join the Army? YES NO How much? ____(lbs)

Eating fast food

eating out

Are you depressed, feeling down, lost interest in your favorite activities or feel overwhelmed?

16. Were/Are your parents overweight? YES NO

3. Drinking Alcohol

Was healthy eating important in your family growing up?
 YES
 NO

18A. Prior to this class, have you ever had nutrition education from a registered dietitian or from a class during s chool or college? YES NO 18B. Where do you get your nutrition information? (CIRCLE all that apply)

4. Drinking beverages with calories

Drink beverages that are calorie-free. Two 20-oz sodas per day equal a pound of fat gain a week.

Reverages with calo-ries include fruit juice, and sports drinks, not just soda and koolade. Liquid calo-ries add up quickly and don't contribute to a sense of fullness.

Magazines TV Books None/I don't read about nutrition

Newspaper Friends/family online

5. Too little aerobic exercise

"Build up to 30 minutes of aerobic exercise four days per week".

Aerobic exercise is important for changing body composition. Limit TV, computer and video game time

19. Are you married? YES NO Does your spouse live with you? Is your spouse overweight? YES NES NOT SURE

20A. How many children live with you?

N/A 1 2 3 4 5 6 7

20B Are any overweight? YES NO

20B Are any overweight? 8 NOT SURE

21. How many meals per week does your family eat together at the same table? 0 1 2 3 4 5 7 8 or more

MISTAKE: Skipping Meals REASON

Put something in your stomach in the morning, afternoon and evening. Meals don't need to be large. If you are rushed because of PT or school, keep healthy choices in your room such as cereal, fruit, and milk. Your body has an overwhelming ability to survive. In the absorce of food, your body slows its metabolism A LOT! A slowed metabolism makes it easy to gain weight and difficult to lose weight. Breakfast is the most important meal of the day!

Eat less fast food. Eat out less often. It's difficult to eat low fat when eating at restaurants. A double burger with cheese, large fries and large coke provides almost 1 800 calories in one meal; this is what most people need in one day.

Cut down or abstain from alchohol

All alcohol is stored as fat

Decrease portion sizes?

Turn off the TV while eating?

Read food labels for serving sizes?

for emotional eating? Find another activity to substitute

Darnall Nutrition Care Division all Army Community Hospital Fort Hood, TX 76542 254-288-8860

Darnall Army Community Hospital Public Affairs Office Fort Hood, TX FH MDA HO 717 I Jan. 2005

Drink at least 8-10 cups of water?

Cut back on sugary drinks?

Eat breakfast?

Eat every 3-5 hours?

Eat less when dining out?

Get at least 30 minutes of physical activity?

Avoid high-fat meats: bacon, sausage, ribs, hotdogs, bolonga, salami, and breaded meat.

Com Darn EIGH TO United States Army Nutrition and Weight Control Program

EIGH TO STAY

KNOW?

Preliminary studies at Fort Hood show:

Aproximately 50% of all Soldiers skip breakfast after P.T.

Approximately 30% of all Soldiers eat out 3 or more times per week

The average Soldier drinks nearly 500 calories per day in sweetened beverages

Approximately 60% of Soldiers on the weight control program have been on profile within the last year



*SERVING RECOMMENDATIONS

							-	
Fats, Oils, Sweets	Meat, Poultry, Fish, Dry Beans, Eggs, and Nut Group	Milk, Yougurt, and Cheese Group	Fruit Group	Vegetable Group	Bread, Cereal, Rice, and Pasta Group	FOOD GROUP	KOM DA	
4-5*	5 oz.	2 or 3	2	3	6	Women	KNALL	
5-6*	6 oz.	2 or 3	3	4	9	Active Women & most Men about 2,200 calories	VOIKIIK	
6-8*	7 oz.	2 or 3	4	5	11	Active Men	ION CLINIC	

ats Oils, & Sweets

Stay Out of the DANGER ZONE! DANGER ZONE

HUNGER ALERT!

9 Overly stuffed-bulging stomach "late too much" "I'm stuffed" Very uncom fortable, stomach hurts, bloating feeling

- Satisfied, comfortable, not hungry Full - you feel the food in your stomach
- Not hungry- but satisfied
- I'm hungry-stomach growling

Headache, shaky-too hungry to care what or how much you eat-you will overeat. Losing concentration, grumpy–seriously n your stomach is empty, you must eat now

DANGER ZONE





Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group 2-3 SERVINGS



Yegetable Group
3-5 SERVINGS

Fruit Group 2-4 SERVINGS



Bread, Cereal, Rice, & Pasta Group 6-11 SERVINGS

Food Guide Pyramid

The Pyramid is an outline of what to eat eachday.
It's not a rigid prescription, but a general
guide that lets you choose a healthy diet that's right for you.

FAST FOOD.....get the facts

Try to eat out only one time per week. 1800 calories provides almost a full day's supply of calories at ONE MEALI It's difficult to eat healthy when eating out. Read below to check out the DAMAGE of filling up on your favorite meal.

2x Whopper w/ cheese 960 lg. fries 500 lg coke 330 **BURGER KING** calories fat(g) Stuffed Crust Pepperoni Pizza (3 slices) PIZZA HUT

calories fat(g)

0

TOTAL>>>>>>>88

TOTAL>>>>>>>>>5

lg. Pepsi

Age	Duty Posit Years of S	MOS/_Title	Name	/
Gender – (circle) M / F	tion service	N/8DE/DIV)	Rank	

- Are you planning on ETSing within the next...?
 1yr 2yrs At the end of my enlistment Other
- 2. This is my _____time on the weight control program:

 first second third or more
- 3A. Do you skip meals? YES NO
- 3B. If so, which ones:

 Breakfast Lunch Dinner
- 3C. Do you snack on something instead of eating these meals? YES NO
- 3D. If so, what?
- 4. How many times per week do you eatout? includes restaurants, take-out, & delivery) 0-1 2 3 4 5 6+
- 5. How many alcoholic drinks do you have in one week? _____ (One serving = 12 oz beer, 4oz wine or 1.5oz liquor)
- Enter the amount of beverages with calories that you drink per day (excluding milk and alcohol).
- __Fruit Juice (8 oz. glass)
 __Fruit drinks/koolades (8 oz. glass)
 __Soda (12 oz. can)
 __Sports Drink (8 oz. glass)
 __Sweet tea (8 oz. glass)
 __Cappucino/Latte, etc (12 oz.)

- 7A. Have you been on a profile within the last year? YES NO

7B (How much weight did you gain during your profile____lbs)

- 8A.
- Have you started making any diet or exercise changes to lose body fat?

 YES NO
- 8B. If yes, when did you start?
 I week ago 2 weeks ago 3-4 weeks ago
 I mo 6 weeks ago 2 mo or more
- 8C. What changes have you made?
- 9A. How many days per week do you do cardio cexercise?___
- 9B. Do you do cardio more than once per day? YES NO
- 10. Are you doing remedial PT in addition to unit PT? YES (When did that start?) ___
- Are you doing strength training with weight YES NO